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SHARING.



ROBIN WILLIAMS DEAD AT 63

THE LEGENDARY COMEDIAN
WAS FOUND IN HIS
HOME; IT'S BELIEVED HE
COMMITTED SUICIDE

PAGE 8



Watermelon's dirty little secret

If by dirty, you mean delicious.
Check out the fruit's savoury side

PAGE 24

Pete's Fine Foods coming to new 'urban village'

Community to get a
20,000-square-foot store

PAGE 6

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IF PICASSO USED SPRAY PAINT

A woman and child walk by a mural on the side of a business on Maynard Street in Halifax on Monday.
The mural is one of several that have popped up around the city. JEFF HARPER/METRO

Victim's cousin urges witnesses to do 'the right thing'

Kaylin Diggs.

Two years after the
26-year-old's death,
police, family are still
looking for answers



HALEY
RYAN
haley.ryan@metronews.ca

Two years after Kaylin Diggs
was killed on Argyle Street, his
cousin still remembers every-
thing he was doing on Aug. 11,
2012, when he heard the news.

Quentrel Provo, 27, said
Monday he had been thinking
about the morning his cousin
died after Diggs stepped in to
help a friend during a fight on
Argyle and Sackville streets
around 3:50 a.m. "I remember
waking up, and a call from
my father telling me that Kay-
lin's dead and I thought I was
dreaming, and I didn't believe



Kaylin Diggs CONTRIBUTED

it," Provo said. "It's silence, and
your heart stops."

Provo said he planned to
visit Diggs' tombstone Mon-
day and "have a moment with
him," adding the second anni-
versary of his death is still dif-
ficult for Diggs' mother, family
and everyone who knew him.

Halifax police believe there
are still people who were in the
area on Aug. 11 and have infor-
mation that could help move
the case forward.

"They may have seen individ-
uals walking around ... which
may help us further the scope

of this murder," said Const.
Pierre Bourdages.

Provo said Diggs was "so
good," and the grief doesn't get
easier with time unless justice
is served for the person who
killed his 26-year-old cousin.

He urged anyone with in-
formation to imagine going
through the family's pain, and
said coming forward is not
"snitching."

"An innocent man was
killed and lost his life. That's
not snitching, that's doing the
right thing," Provo said.

He added it also doesn't
make sense for people to say
they "don't want to get in-
volved" with the case because
they're not involved, they're
helping out, and no one would
know their name or what de-
tails they could share.

"Police just want the help
to put the person that did this
behind bars," Provo said.

FOR MORE COVERAGE, SEE PAGE 3



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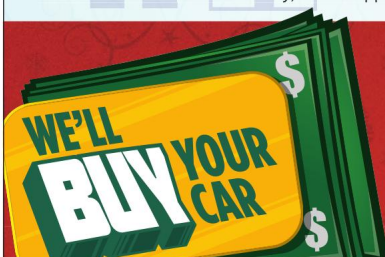
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Brooklyn

Driver taken to hospital after tractor-trailer rolls over

Police say the driver of a tractor-trailer was taken to hospital after his vehicle crashed on a rural Nova Scotia road on Monday morning.

Windsor District RCMP say the accident happened at about 9 a.m. on Highway 14 in Brooklyn.

The driver was travelling east on the road when he lost control and his truck rolled over.

Police say the accident may have been caused by a shift in the load he was carrying.

He was taken to a nearby hospital as a precaution, a RCMP release says.

The eastbound lane on Highway 14 was shutdown for several hours as police investigated. **METRO**

North River

Police release name of victim in fatal weekend car crash

The RCMP in Nova Scotia have released the name of a 22-year-old man who died in a crash over the weekend.

Police say Devin Allan Tower was driving alone and lost control of his vehicle while making sharp turn on Highway 311, just north of Truro.

The accident happened in North River around 1:45 a.m. on Sunday. Police say a light rain was falling at the time. Tower was pronounced dead at the scene.

The investigation is ongoing.

THE CANADIAN PRESS

For more local news, visit metronews.ca



Collision with logging truck jams Hwy. 103

A tow truck operator gets a car ready for towing on Highway 103 near Exit 2 on Monday after being rear ended by a logging truck. The accident, which injured one man, resulted in afternoon traffic delays. **JEFF HARPER/METRO**

'This is something that's needed'

Stop the Violence. Organizer says march encourages dialogue, helps families



HALEY RYAN
haley.ryan@metronews.ca

When Quentrel Provo steps into a school to talk to students, he said a lot of kids point at his do-rag and call him a gangster.

The 27-year-old said while it might not be "cool," he always replies he's definitely not and doesn't even fight.

"I was like, 'You know what's cool? Not fighting,'" said Provo, one of the organizers behind the annual Stop the Violence March.

Provo helped start the event

two years ago when his cousin Kaylin Diggs was killed in an assault on Argyle Street in Halifax on Aug. 11.

Although Provo said he's seen multiple family members and friends lost due to violence, Diggs' death pushed him to start the march and talk with students about how violence is always bad, and carrying guns or hurting others doesn't make you a "hard man."

On Aug. 31, Provo said about 300 people are expected to walk across the Macdonald Bridge in memory of Diggs and all who have died through violence, and then create a human chain by holding hands.

Families who have lost

loved ones can come together, talk about their experiences and help each other through the day, Provo said.

For those who haven't been affected by violence directly, the event gets people talking and Provo said one boy told him how meeting a woman who lost her nephew made him "think twice."

"That's why I do it," Provo said. "I don't care if young men don't think I'm cool ... at the end of the day I'm doing the right thing."

Although Provo said he's been threatened and told to quiet down about his position, he said "this is what I'm supposed to be doing."

"It's got to change," Provo said. "This is something that's



Last year's Stop the Violence march. **JEFF HARPER/METRO**

needed, and I'm sick and tired of it. It's not cool to kill someone."

The Stop the Violence march begins at 3 p.m. on Aug. 31 on the Halifax side of the Macdonald Bridge, followed by a barbecue in the Dartmouth Common.

Group reviewing Human Rights Commission decision

Nova Scotia's Black Educators Association says it's consulting its lawyers about a recent Human Rights Commission decision that found a former employee was subject to workplace discrimination.

In the decision, released Aug. 5, commission chair Donald Murray said complainant Rachel Brothers was undermined by association staff whose "colourist thinking"

and behaviour created a toxic work environment.

Brothers, who identified as bi-racial during the hearing, claimed the association wrongfully fired her after only a year on the job as a regional educator because of discrimination based on age, race and colour.

The board of inquiry decision describes "appalling" behaviour that was directed at Brothers by one of her sub-

ordinates at the Kentville office, Catherine Collier, who it says defied Brothers' superiority.

"It is clear to me that Ms. Brothers was undermined in part because she was younger than, and not as black as, Ms. Collier thought Ms. Brothers should be," wrote Murray, who says Collier had competed for Brothers' job as a regional educator.

In a release issued Monday, the association states that it is "disappointed" by Murray's findings.

"We are currently reviewing the matter in consultation with legal counsel,"



Rachel Brothers
FACEBOOK

states the release.

The association's executive director did not return a call for comment.

The release states the association must weigh the decision to incur legal costs against "the value of putting these resources to use ensuring the development of an equitable education system."

RUTH DAVENPORT/METRO WITH FILES FROM THE CANADIAN PRESS

Summer tourism swimming along in Halifax, experts say

'Tis the season.

Convention business, hotel room rentals, airplane visitors see growth in 2014



HALEY RYAN

haley.ryan@metronews.ca

Halifax has just entered the busiest time of year for tourism, but the season already looks like a good one based

on higher revenue and big smiles on waterfront business owners, says the president of Destination Halifax.

On Monday, Patricia Lyall said indicators in the first part of the summer were "very positive," including a spike in the meeting and convention business in April, May and June.

"There's a steady stream of events, which really are the reason that people would look to any given place as to 'Why should I go there?'" Lyall said about diverse attractions like the Halifax



The Harbour Hopper, shown Monday, is a popular tourist attraction in the city. METRO

Comedy Festival and the Multicultural Festival.

Lyall said tourism revenue to the end of June saw an increase of seven per cent over

Quoted

"When we have a lot of activity ... around the waterfront area, it just seems to be a magnet."

Patricia Lyall, Destination Halifax

last year in Halifax, while cruise numbers have seemed "on par." Ship numbers start climbing this week until October.

Food, kayak, bicycle and other outlet owners on the

waterfront have seemed very positive this summer, Lyall said, with some even hiring part-time staff to keep up with demand.

"By and large I would suggest they're quite upbeat this year," she said.

Pat Sullivan, CEO of the Nova Scotia Tourism Agency, said the number of people coming to Halifax by airplane was up eight per cent over last year by the end of May.

Sullivan said there was also a five per cent jump in hotel rooms sold in the metro area in the same time frame.

He said that works out to about 25,000 hotel rooms out of 500,000 — more than \$2.5 million in extra tourism dollars.

Although Sullivan agreed the biggest tourist boost will come over the next few weeks as August ends, he spotted lots of people with backpacks and cameras walking around the city early Monday even though a cruise ship wasn't docked.

"It certainly gave me a sense there are lot of folks visiting the city right now," Sullivan said.



Cruising along

A smaller sailboat heads past the Tall Ship Silva, which was in full sail during a cruise of Halifax Harbour on Monday. The Silva is a 130-foot schooner docked on the Halifax waterfront that does daily harbour tours. JEFF HARPER/METRO

MacLeod. Hospitalized MLA has foot surgically removed

A longtime member of the Nova Scotia legislature who was hospitalized last weekend with a serious infection has undergone surgery to remove his left foot.

The Progressive Conservative party says Alfie MacLeod, who represents the riding of Sydney River-Mira-Louisbourg, is expected to make a



Alfie MacLeod CAPE BRETON POST

full recovery.

MacLeod is recovering at the Cape Breton Regional Hospital in Sydney after being admitted for treatment on Saturday.

In a statement, the 58-year-old politician thanks his constituents and says he is looking forward to getting back on the job.

"Everyone's kind words of support and encouragement have been very uplifting," he says. "I am committed to a full recovery and resuming my MLA duties as soon as possible."

MacLeod was first elected in 1995 and served as Speaker of the legislature from 2007 until 2009. THE CANADIAN PRESS

Crime. Man surrenders, faces weapons charges

A Nova Scotia man is facing multiple weapons-related charges following an incident in Cape Breton.

Police say officers responded to reports of a man with a firearm inside a residence on Johnston Crescent in Sydney Mines on Sunday.

A 49-year-old man eventually surrendered to police.

No shots were fired and no one was injured.

He is due in court on Oct. 21 to face charges of possession of a dangerous weapon and unauthorized possession of a firearm. CAPE BRETON POST

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Minimum increase. Early childhood educators seeking wage increase

Low wages are driving early childhood educators away from the job they love and the island they call home, according to a group representing the workers.

"Early childhood educators are being paid just a little bit over minimum wage. However, the job they're doing is priceless and they should be paid accordingly," said Trish Martin, an early childhood resource coordinator in Cape Breton.

As the lowest paid in the country, early childhood educators in Nova Scotia make an average salary of \$12-15 per hour. Martin said that figure needs to be in the range of \$20-25 per hour.

"In order to continue with quality child care on Cape Breton Island, we need to pay the early childhood educators a very worthy wage," she said. "This is a valuable profession and we are moulding the future." Martin made the comments while at the office of Glace Bay MLA and provincial cabinet minister Geoff MacLellan on Monday. She and three early childhood educators from Cape Breton visited MacLellan to present him with approximately 250 letters from parents from the Glace Bay and Sydney areas, as well as local early childhood educators.

Monday's letter presentation is part of an ongoing, provincewide worthy-wage campaign by early childhood education workers seeking to raise awareness about their situation.

CAPE BRETON POST

At a glance

- Liberal MLA Geoff MacLellan said he has spoken to Education and Early Childhood Development Minister Karen Casey about the issue on numerous occasions and pointed to an ongoing provincial education review as a process that may lead to some action.

Working in the woods

Man safe after tree falls on top of him

An Annapolis County man is safe after an accident that took place while he was working in the woods.

Police say they received a 911 call from a cellphone when the man was pinned under a fallen tree near West Paradise on Aug. 2.

RCMP responded and used a chainsaw that was lying nearby to cut the tree and free the man.

Paramedics and firefighters arrived and the victim was taken to hospital with non-life-threatening injuries.

KING'S COUNTY REGISTER

On the web

For more local news, head to metronews.ca



Perfect weather for flying model planes

The weather was sunny and the winds ideal for flying model planes off the top of Citadel Hill on Monday, like these two people did. Temperatures reached the mid-20s. JEFF HARPER/METRO

New development lands Pete's as major retailer

Nod to history.
Community to be named Seton Ridge

In numbers

5%

The percentage of apartment and condo units in Seton Ridge that will be devoted to affordable housing.

The new "urban village" coming to the site of the Sisters of Charity's former motherhouse is slowly taking shape, with the announcement of both its name and major retail tenant.

Southwest Properties president and COO Gordon Laing said Monday the developer has settled on Seton Ridge as the name for the 65-acre mixed-use development.

The name honours Sister Elizabeth Seton, one of the founders of the Sisters of Charity. Laing said the sisters were pleased with the nod to their history, and the broader community has responded positively as well.

"We internally talked about lots of options, but we kept coming back to that," he said. "It felt like the natural name for the development."

Southwest also formally announced that local businessman Pete Luckett, owner of Pete's Fine Foods, will open a

new 20,000 square foot store in Seton Ridge.

It's rare for a developer to secure a lead tenant before permits and approval, and Laing said the company wouldn't have settled for just anyone.

"We wanted someone that gave that neighbourhood feel, and was a big draw just in the way they do things," he said. "It just feels like (Luckett's) values and his mindset and his approach fit very well with Southwest and how we'll approach developing the community."

Seton Ridge will be composed of single-family homes, apartments and condo units in buildings ranging from six to 14 storeys tall.

Laing said every aspect of the development will be focused on sustainability — from construction methods that minimize stormwater runoff to



Pete's is set to open its third location in HRM. CONTRIBUTED

making it walkable and accessible by public transit.

"Our Grainery Lofts building is built to LEED standard ... We found that to be valuable from a business perspective; it resonated with a lot of the people who wanted to live there," said Laing, adding that Seton Ridge will be built to the prestigious LEED for Neighbourhood Development standard.

The project's initiation report will be ready in September, and approval is expected in 2015.

RUTH DAVENPORT/METRO



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Doctor calling on Ottawa to allow injured Gaza kids into Canada for treatment

'These children are in need.' Dr. Izzeldin Abuelaish says proposal has nothing to do with politics, only ethical and moral responsibility

The federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for the medical treatment they need, a high-profile Palestinian doctor organizing the effort said Monday.

Izzeldin Abuelaish, whose three daughters died in the 2009 conflict in Gaza, is urging Foreign Affairs Minister John Baird to support a proposal to allow 100 wounded kids into Ontario, which is willing to treat them.

It has nothing to do with politics, the university professor said. There's an ethical and moral responsibility to help in times of need.

"Don't deprive the Canadian people, the Canadian professionals, of this opportunity," Abuelaish said in an interview. "Don't let it down."

Only Ottawa can provide the necessary visas for the children and their guardians, but the federal government suggests it may be better for Canadian doctors to travel to Gaza instead.

"Make no mistake, there is only one party responsible for the suffering of the Palestinian people, and that is the international terrorist group Hamas," Baird's spokesman Adam Hodge said in an email.



Dr. Izzeldin Abuelaish is urging the federal government to allow children wounded in Gaza to come to Canada for treatment, saying Gaza's health-care system is overwhelmed. ANDREW WALLACE/TORSTAR NEWS SERVICE FILE

Quoted

"This is humanitarian, Canadian; it's not ethnic, religious or any political cause. It's Canadian, under one flag — the red Maple Leaf flag."

Dr. Izzeldin Abuelaish, who says the federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for medical treatment

The government is considering how best to deploy Canadian resources to assist, such as increasing capacity at hospitals in Gaza, Jordan and Israel, as well as field hospitals, to treat the wounded, Hodge said.

But Abuelaish said it would be difficult to ensure the safety

of Canadian doctors in Gaza, whose health-care system is severely damaged and overloaded with injured civilians, including thousands of children.

"It's urgent," he said. "These children are in need."

They would only take children who are stable enough to

travel, Abuelaish said. The children would stay for a month or more until they're well enough to go back.

Many of them suffer from burns, amputations, disfigurements and other injuries that could receive the specialized care that wouldn't be available to them in Gaza, he said.

Ontario Health Minister Eric Hoskins, a physician who has worked in war zones, said the province is willing to treat injured children from Gaza and Israel. Five hospitals, including Toronto's Hospital for Sick Children, have said they're ready to help. **THE CANADIAN PRESS**

Toronto. Police look into bomb threat demanding Rob Ford quit as mayor

Police are investigating an email that threatens to bomb Toronto city hall unless Mayor Rob Ford resigns.

Ford showed the note to reporters on Monday, saying, "this is serious." He said police have been informed of the email, which was received by his brother, Coun. Doug Ford.

The threat warns city hall will "disappear from the map" if Ford doesn't quit.

THE CANADIAN PRESS



Rob Ford TORSTAR NEWS SERVICE FILE

Survey. Depression, PTSD, anxiety common among members of the military

Canada's number-crunching agency says about one in six members of the military have reported experiencing symptoms of mental or alcohol disorders.

Statistics Canada surveyed full-time regular members of the Canadian Forces last year.

The results showed nearly 17 per cent of those surveyed had experienced symptoms in the previous 12 months consistent with at least one of

a half-dozen disorders.

The Canadian Forces Mental Health Survey asked about major bouts of depression, post-traumatic stress disorder, incidents of anxiety or panic and alcohol abuse, as well as alcohol dependence.

The results are somewhat in line with the Canadian Mental Health Association's findings among the general population.

THE CANADIAN PRESS

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Found on Turkish beach. Scientists to study two-headed dolphin calf

Turkish media reports say Turkish scientists will examine a two-headed dolphin that washed up on a beach in western Turkey.

The private Dogan news agency said the remains of conjoined dolphin calf were discovered on a beach in Dikili, near the Aegean city of Izmir last week by a vaca-

tioning gym teacher.

It quoted Akdeniz University marine biologist Mehmet Gokoglu as saying the dolphin was a rare occurrence, similar to conjoined twins.

Marine biologists at Akdeniz University will study the dolphin.

THE ASSOCIATED PRESS



The conjoined two-headed dolphin calf was found washed up on a beach in western Turkey. TUGRUL METIN/THE ASSOCIATED PRESS

Ebola virus. Outrage after experimental drug only given to Westerners

In a development that raises a host of ethical issues, Spain announced it had obtained a scarce U.S.-made experimental Ebola drug to treat a Spanish missionary priest infected with the killer virus.

So far the experimental drug ZMapp has been used to treat two infected Americans and a Spaniard but no Africans for a hemorrhagic disease that has been ravaging West Africa for months and has killed about 50 per cent of those it infects. That news came as medical experts debated the ethical questions surrounding

experimental Ebola drugs and vaccines during a teleconference Monday organized by the U.N. health agency.

There is no known cure or licensed treatment for Ebola, which has killed over 960 people in the current outbreak in West Africa. The World Health Organization has called the Ebola outbreak — which emerged in Guinea in March and has since spread to Liberia, Sierra Leone and possibly Nigeria — an international health emergency and urged nations worldwide to battle the disease. THE ASSOCIATED PRESS



Health workers wearing protective clothing and equipment against the deadly Ebola virus sit at the Kenema Government Hospital in Sierra Leone. MICHAEL DUFF/THE ASSOCIATED PRESS

Actor, comedian Robin Williams dead at age 63

Apparent suicide.
Body found in his home Monday morning

Robin Williams, the Academy Award winner and comic supernova whose explosions of pop culture riffs and impressions dazzled audiences for decades and made him a gleamy-eyed laureate for the Information Age, died Monday in an apparent suicide. He was 63.

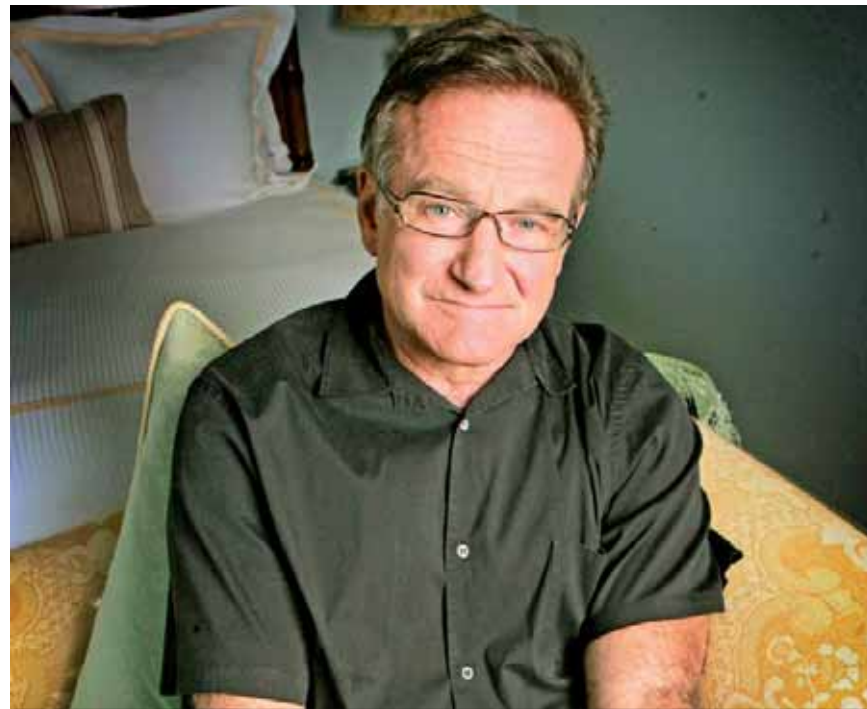
Williams was pronounced dead at his home in California on Monday, according to the sheriff's office in Marin County, north of San Francisco. The sheriff's office said a preliminary investigation shows the cause of death to be a suicide due to asphyxia.

"This morning, I lost my husband and my best friend, while the world lost one of its most beloved artists and beautiful human beings. I am utterly heartbroken," said Williams' wife, Susan Schneider.

"On behalf of Robin's family, we are asking for privacy during our time of profound grief. As he is remembered, it is our hope the focus will not be on Robin's death, but on the countless moments of joy and laughter he gave to millions."

Williams had been battling severe depression recently, said Mara Buxbaum, his press representative.

From his breakthrough in the late 1970s as the alien in the hit TV show Mork & Mindy, through his standup act and such films as Good Morning, Vietnam, the short, barrel-chested Williams ranted and shouted as if just sprung from solitary confinement.



Actor and comedian Robin Williams, whose free-form comedy and adept impressions dazzled audiences for decades, has died in an apparent suicide. The Marin County Sheriff's Office said a preliminary investigation showed the cause of death to be a suicide due to asphyxia. THE ASSOCIATED PRESS FILE

He won his Academy Award in a rare, but intense, dramatic role in the 1997 film Good Will Hunting. Williams also won three Golden Globes, for Good Morning, Vietnam, Mrs. Doubtfire and The Fisher King.

Following Williams on stage, Billy Crystal once observed, was like trying to top the Civil War.

"I dread the word 'art,'" Williams said in a 1989 interview. "That's what we used to do every night before we'd go on with Waiting for Godot. We'd go, 'No art. Art dies tonight.'"

We'd try to give it a life, instead of making Godot so serious. It's cosmic vaudeville staged by the Marquis de Sade."

His personal life was often short on laughter. He had acknowledged drug and alcohol problems in the 1970s and '80s and was among the last to see John Belushi before the Saturday Night Live star died of a drug overdose in 1982.

Williams announced in recent years that he was again drinking but rebounded well enough to joke about it during his recent tour. "I went to rehab

in wine country," he said, "to keep my options open."

Born in Chicago in 1951, Williams would remember himself as a shy kid who got some early laughs from his mother — by mimicking his grandmother. He opened up more in high school when he joined the drama club and he was accepted into the Juilliard School, where he had several classes in which he and Christopher Reeve were the only students and John Houseman was the teacher.

THE ASSOCIATED PRESS

FBI opens probe into Michael Brown death

The FBI said it opened an investigation Monday into the fatal shooting of an unarmed black teenager by police in suburban St. Louis, a day after tension surrounding the case erupted in unrest following a candlelight vigil for the teen.

Questions loomed over the shooting of 18-year-old Michael Brown, who police said was unarmed and shot multiple times Saturday after an altercation with an officer in Ferguson. It's unclear whether Brown or a man he was with was involved in the alleged scuffle, and authorities have been vague about

what led an officer to open fire.

The killing drew criticism from some civil rights leaders, who referred to the 2012 racially charged case of 17-year-old Trayvon Martin. Martin was shot by a Florida neighbourhood watch organizer who was accused of murder charges.

Dorian Johnson told WALB-TV that he and Brown were walking home from a convenience store when a police officer told them to get out of the street and onto the sidewalk. Johnson said they kept walking, which caused the officer to confront them from his car and

then outside his car.

Johnson said the officer fired, and he and Brown were scared and ran away.

"He shot again, and once my friend felt that shot, he turned around and put his hands in the air and he started to get down," Johnson said. "But the officer still approached with his weapon drawn and fired several more shots."

"We wasn't causing harm to nobody. We had no weapons on us at all," said Johnson.

The St. Louis County Police Department, which is leading the investigation, refused to

discuss Johnson's remarks, citing the ongoing investigation. But County Police Chief Jon Belmar has previously said that an officer encountered Brown and another man outside an apartment complex in Ferguson, and that one of the men pushed the officer into his squad car and they struggled before the shooting.

The FBI is looking into possible civil rights violations arising from the shooting, said Cheryl Mimura, a spokeswoman for the FBI's St. Louis field office.

THE ASSOCIATED PRESS

PEOPLE, U NEED 2 STOP IT!!! SMH

In today's fast-paced dating world of liking and swiping, poor texting habits can be an immediate deal-breaker.

According to a recent Digital Flirting Rules survey by Omlet — a new open messaging app developed by Stanford students — both men and women ranked informal spelling and funky abbreviations as their No. 1 turnoff when it comes to mobile messaging.

Multiple exclamation points, poor punctuation and grammar, all lower case words and acronyms (IDK, BRB, WTF) also ranked high on the list of chatting pet peeves among young adults.

Who knew we were so formal?

I guess ur cre8tive msgs might not B working 4 u after all.

A ubiquitous array of free and monetized apps and dating sites have radically changed the way we seek out and com-



SHE SAYS
Jessica Napier
metronews.ca

municate with our potential romantic partners.

Even if you actually manage to connect with a stranger IRL (in real life), followup flirtations are bound to happen between your devices. Which means early on in the relationship, your touchscreen courtship skills are just as important as in-person chemistry.

So if poor sentence structure and truncated words are irritating texting turnoffs — are we doing anything right?

Typing LOL after every sentence or using multiple exclamation points might come across as desperate (and annoying!!!), but research shows that cutesy emoticons are actually surprisingly lovable in reasonable doses.

According to Omlet's survey, 31 per cent of men and 38 per cent of women prefer to receive chat and text messages with multiple emoticons and emojis.

So feel free to pepper your correspondence with a casual thumbs-up or a flirty wink-face — just don't go overboard.

Excessive emojis are acceptable when swapping stories among friends, but you should probably resist the urge to spell out your first-date plans in a hieroglyphic paragraph of beer glasses and ramen-noodle bowls.

It's also advisable to avoid employing symbolic hearts to express real emotion, unless you're an eight-year-old.

Ultimately, timing is everything when it comes to digital communication. Frequency, followup speed and time of day are important considerations for both men and women who are pursuing a new relationship via their smartphone. And if you're really interested in someone, you should be taking the time to spell out your words and punctuate your sentences correctly.

And for goodness sake, let's all give up the Y2K-era text-speak; even the most lacklustre romantic prospect deserves better than a lazy and dated "c u l8er."

It's all good in Djerbahood



A woman looks at a mural by South African artist Faith47 that decorates a wall in the village of Erriadh, on the Tunisian island of Djerba, as part of Djerbahood. For more murals, scan this photo with your Metro News app. ALL PHOTOS JOEL SAGET/AFP/GETTY IMAGES

International mural project hits remote island town

- French-based Tunisian artist Mehdi Ben Cheikh has invited artists from all over the world to take part in an initiative to turn a district in a village on North Africa's largest island into an "open sky museum."
- The town of Erriadh, Djerba, in Tunisia, with its pale walls and charming architecture, provided the artists with the perfect backdrop and plenty of inspiration.
- Contributors include Belgian-based ROA, who made use of the town's many domed buildings to create an octopus, jellyfish and other creatures; France's C215, a.k.a. Christian Guémy, who contributed many delightful stencilled cats to post-office boxes and doors all over town; and South Africa's Faith47, whose work Hunt Her depicts an ethereal unicorn that looks like it has adorned the crumbling wall it sits on for centuries.

By the numbers

150

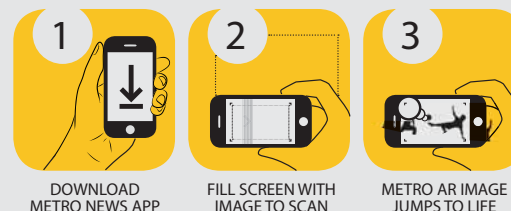
Thirty-four artists from 150 countries took part in the project.

Online

For more on the project, visit djerbahood.com.

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MetroTube

A! Oh! Let's yo



ANDREW FIFIELD
andrew.fifield@metronews.ca

While the rest of us spent the weekend soaking up those precious drops of summer that will slowly slip away over the coming weeks, 18-year-old California wunderkind Gentry Stein was busy showing up his competition at the 2014 World Yo-Yo Contest in Prague with a dizzying, worrying performance of throws. Fair warning: If you're not into the music "the kids" are into these days, then you're REALLY not going to be into Gentry's selection here. So maybe dull your audio a bit. (c3yoyodesign YouTube)



SCREENGRAB

EXPLORING SACKVILLE

A flurry of activity

One of the busiest commercial districts in HRM is about to get even busier. A flurry of new construction along Sackville Drive, along with a number of proposed residential and commercial developments within the Sackville Business District, is having a dramatic effect on activity in the district, says Sackville Business Association executive director Michelle Champniss.

"We're looking at more than 350 new residential units in the business district over the next few years. That means more residents and more potential customers right in the heart of the Sackville business district, and that's very good news for our business owners."

A public meeting in May unveiled plans for a 124-residential unit with 10,000 square feet of ground floor commercial spaced proposed to be built at 8 Walker Ave. An application has also been made for the development of 32 new townhouse units and a four-storey, 64-unit, multiple-unit dwelling at 26 and 34 Walker Service Rd.

Another public meeting was recently held



TOM MASON PHOTO

as part of the development agreement process to permit construction of two commercial buildings totalling approximately 18,000 square feet at 527 and 533 Sackville Dr.

Other construction projects are already underway, including two new apartment buildings, a 54-unit building at 249 Sack-

ville Dr. and a 32-unit at 10 Legacy Court. A second 72-unit building has also been approved for 249 Sackville Dr.

"Developers are coming to realize that the Sackville business district is well positioned for this type of development, both in terms of zoning for residential in the downtown

core, and in terms of demand, specifically for higher end residential units," Champniss says. "Seeing the calibre of design and residential/commercial mix has been really exciting to watch. The most successful business districts are those with a strong mix of residential and commercial."

HALL REMAINS TRUE TO FAMILY'S VISION

When the Arthur Shultz family donated a large parcel of land on Sackville Drive to the local community in 1924, they had a specific goal in mind for their generous gift.

"They wanted the land to be used for recreation and for community events," says Linda Hefler, one of the 12 directors of Acadia Hall, the group that oversees the land.

Shortly after the land was donated, work began on Acadia Hall, Sackville's first com-

munity centre that was located on the edge of the property. Completed in 1926, Acadia Hall was built by the community using mostly hand tools, and it still maintains part of its original rock foundation. Behind the hall, Sackville's first baseball field hosted games for many years until it was finally replaced by a number of newer ball fields throughout the community.

After 90 years of operation, the Acadia Hall

directors have remained true to the vision of the Shultz family. Recently, they embarked on the development of Acadia Park, a multi-use public garden, playground and concert venue that is bringing new life to part of the property that had fallen into disuse in recent years. They also recently completed \$44,000 worth of upgrades to the interior of Acadia Hall.

Today, the hall is used by a variety of community groups including three church

congregations, yoga, Zumba and martial arts groups, the Sackville Photography Club and Garden Club, and a group called the Happy Quilters, which makes and donates quilts to local cancer care facilities. Local musical groups also use the facility for events.

"We host our own country jamboree here on the third Sunday of every month," Hefler says. "And we also rent the hall out for children's birthday parties for \$25 an hour."



REFLECTING ON 10 SUCCESSFUL YEARS

THE SACKVILLE BUSINESS ASSOCIATION

As the Sackville Business Association celebrates its 10th anniversary, executive director Michelle Champniss is reflecting on what her association has accomplished.

"We've worked with the municipality on improving streetscapes. We've developed regular networking events and business

development programs. We've been heavily involved in marketing the Sackville Business District and we're very active on social media. We've had a very successful 10 years."

The streetscape improvements are perhaps the business association's most visible accomplishment. The group has spear-

headed a campaign to plant trees, hang flower baskets and Christmas wreaths, remove graffiti, and even develop a pocket park near the Downsview Mall that will eventually act as a trailhead for the Sackville Greenway Trail.

"A streetscape plan was developed for Sackville Drive around 2002 with the help of a landscape architecture firm," Champniss says. "We've been following

that plan. It's amazing to see what we've accomplished already. Sackville didn't have a whole lot of green space when we started."

The business association's signage upgrade program is also having a dramatic effect on the appearance of Sackville Drive.

"Thanks to the program, we've put up 46 new signs in the downtown core in the last five years," Champniss says. "That's about \$450,000 worth of upgrades."



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TOM MASON PHOTO

Trail provides critical buffer zone for river

Anyone who has strolled along the Fort Sackville Walkway that winds along the Sackville River through Bedford knows that the trail offers one of the best urban hikes in the area. The walkway is the beginning of a large urban greenbelt park that will eventually stretch 40 kilometres from Fish Hatchery Park at the mouth of the river all the way to Uniacke House in Mount Uniacke.

The Sackville Greenway Trail is the brainchild of the Sackville Rivers Association, an organization that has been working to protect and restore

the health of the Sackville River and its tributaries for more than 25 years. Association president Walter Regan says the trail will provide a critical buffer zone for the river. It will also encourage the public to regard the river as an important natural resource for the community.

To complete the daunting task of constructing the 40-kilometre trail, the Sackville Rivers Association has broken the project into five sections labelled from A to E. Section B, stretching from Old Sackville Road to Glendale Road, will be the first one completed.

"We're waiting now for the final report from the engineering firm," Regan says. "We're hoping to receive that sometime in September, and then we will begin a series of public meetings to work out the details. If all goes well, we'll likely start fundraising for the project in January."

Regan says that Section B will be the only part of the trail that will be completely paved, allowing access to everyone from cyclists and skateboarders to people using wheelchairs. He expects the final price tag for the Section B development to run around \$2 million.



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TOM MASON PHOTO

Shining a ray of hope

Beacon House is a lifeline for many community residents

For nearly three decades Beacon House has been helping to close a circle that is vital to the Sackville community. The organization, known officially as Beacon House Interfaith Society, provides food bank and other services for families in need. It is also a model of recycling in the community, says Beacon House site manager Rod Rowlands.

"Recycling is a big part of what we do," Rowlands says. "We reuse everything we can, and what we don't reuse we recycle."

Operated through the support of 16 churches in Sackville, Bedford and Fall River, Beacon House collects and distributes food, clothing and household items to more than 500 families in the community every month. The organization also operates a community store that collects and sells used household goods, toys, clothes and other donated items. The store is open to the public and staffed by volunteers, with all proceeds

used to support Beacon House operations.

"We get a lot of support from the community through donations of food, clothes, even money," Rowlands says. "Local businesses, clubs and organizations also help tremendously through donations and fundraising events."

Beacon House is also a local agency member of Feed Nova Scotia.

Rowlands is one of only three paid staff members at the facility. The rest are volunteers who donate their time running the food bank and the store, as well as sorting through the myriad of food items and discarded treasures that arrive every week.

"Like the line in Forrest Gump, it's like a new box of chocolates every week," Rowlands says. "We never know what we're going to get. Sometimes we'll get a lot of produce, other times it will be mostly canned goods. We've even gotten donations of deer meat."

Rowlands says the services that Beacon House provides are a vital safety net for nearly 2,000 residents of Sackville, Bedford and Fall River, about 40 per cent of whom are working poor.

"We've always had a tremendous response from the community. There are never any objections to helping us out."



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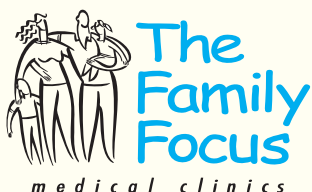
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METRO CUSTOM PUBLISHING *EXPLORING SACKVILLE*

Cultural centre aims to be community's focal point

Even over a scratchy cellphone line you can hear the excitement in Don Flemming's voice.

"We've got one of the best locations in Sackville, in all of HRM for that matter. A better location than the Chickenburger."

Flemming is talking about the Cobequid Cultural Centre, a facility that he promises will quickly become the heart of Sackville's cultural community when it opens sometime in the next couple of years. For now, the location is still secret, with an announcement expected once the final agreement has been signed.

Flemming is president of the Cobequid

Cultural Society, the group that is spearheading the development of the centre. When it opens, the 32,000-square-foot building will provide residents of Sackville, Fall River, Tantallon and surrounding areas a concert and performing arts facility that will rival any other venue in HRM, he says.

"It's going to be one of the best cultural venues in the city and a focal point for the Sackville community."

When completed, Cobequid Cultural Centre's main function will be as a performing arts facility with a 600- to 700-seat capacity for concerts and events.



TOM MASON PHOTO

PARK IS LABOUR OF LOVE

Acadia Park is starting to take shape. The community park located beside the Sackville Public Library on Sackville Drive already has a magnificent garden, a series of walking paths, a fountain and a central hilltop gazebo. And the volunteer organization that is building it has no intention of stopping.

"We're fundraising to develop a wheelchair accessible playground and a large bandstand on the property," says Linda Hefler, one of the directors of Acadia Hall, the volunteer board that's behind the Acadia Park project. "We need around \$300,000 to build the playground and about \$150,000 for the bandstand."

Hefler says the group is also looking into the possibility of building a unique "senior's playground" on the property — a facility that would include a variety of balance and strength training apparatus specifically designed to provide fitness opportunities for seniors.

For a number of dedicated volunteers Acadia Park has become a labour of love. A few community members stop by on a daily basis throughout the summer to weed and maintain the gardens. A number of community groups and local businesses have donated money, materials, time and labour.

"The Sackville Army Cadets have been selling bricks for \$2 as a fundraiser, and using the bricks to pave our pathways," Hefler says. "Their goal is to sell 10,000 bricks every year."

Hefler says the Acadia Park group maintains a wish list book of plants, supplies and building material that are needed. Members of the public are encouraged to donate items listed in the book.

"The park is becoming a real community project," she says. "It really shows what a small, dedicated community group can do. It's very exciting."

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Museum preserves Sackville's history

It didn't take long for Anthony Fultz to set up a prominent Sackville business after he received a large land grant in the area in 1809. The German immigrant's son started Twelve Mile House on the edge of the great road that ran from Halifax to Windsor. It became an important stopping place for travellers, a place to rest, eat and change horses before continuing their journey.

By mid-century, the Fultz family operated a number of businesses on the site, including a popular hotel, a stable and a wheelwright shop, the 19th-century version of a truck-stop garage.

Today, the Fultz House Museum preserves the legacy of the Fultz family and the history of the Sackville community.

The museum maintains several period buildings, including an old barrel-making shop, a reconstructed blacksmith's shop and the main house where the Fultz family once lived. It also has period carriages on display, the same carriages that would have made regular stops at Twelve Mile House in the days before automobiles.

Fultz House is operated by more than a dozen dedicated volunteers, who keep the museum operating throughout the summer months — greeting guests, maintaining displays and the gardens and trails that are



TOM MASON PHOTOS

one of the most popular parts of the museum complex. The museum receives some government funding, but most of its operations are supported through fundraising.

Fultz House Museum's popular Tuesday Tea

takes place every Tuesday at noon until the end of September, with each tea sponsored by a different business or community group. The museum is open from 10 a.m. to 5 p.m. daily (except Tuesday) throughout the summer.





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Sneaker Shredder tests all abilities

The Sackville Sneaker Shredder is scheduled for Sept. 21. Now in its third year, the running event is quickly gaining in popularity.

"We had about 250 people taking part last year," says Diane Levandier, client services manager for the Sackville Sports Stadium. "We've already had about one-third of that number sign up for this year's race."

The race date was picked to hit a spot in the busy running season when there isn't a lot of competition from other events, Levandier says.

"There are so many races taking place around the province these days that it's hard to find a weekend where there isn't one taking place."

In addition to five- and 10-kilometre distances, the Sneaker Shredder also features a unique 15-kilometre event, designed to appeal to runners who might not be quite ready to tackle a half or full marathon.

"It gives runners a chance to up their game, push themselves and see what they're capable of," Levandier says.

The Sneaker Shredder is also a great event for novice runners. The race features a three-person team event as part of the five-kilometre race that allows participants to have their times totalled and presented as a single team time. The Sackville Sports Stadium is also hosting a learn-to-run program in conjunction with the event.

There will also be prizes for best



CONTRIBUTED

super hero team costume, for the fifth-place winner and a random draw.

"Our focus is to offer our community a good race, one that's well-organized, that starts on time and is a lot of fun," Levandier says. "One that whole families can take part in."

Levandier says the Sneaker Shredder is a good warm-up event for runners training for the Valley Harvest Race in Wolfville on Thanksgiving weekend.

"They can test themselves with our race and see what physical condition they are in."

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Dale Keizer is the owner of Keizer's Collision CSN and Automotive Centre.

Keizer's Collision built on integrity, loyalty and trust

It is said one should never judge a book by its cover, but at Keizer's Collision CSN and Automotive Centre, the cover tells you what you need to know. Upon entering the Middle Sackville automotive shop, clients immediately take notice of the professional atmosphere.

The front end is clean, tidy and there is clear signage. The uniformed staff are friendly and welcoming. In the repair facility itself, it's the same. Judging by the cleanliness, one wouldn't think it was an automotive shop. The atmosphere is very reassuring for the client.

"We've built a brand on integrity, loyalty and trust," says owner Dale Keizer.

The business has been family run for more than 35 years. The company was started by Keizer's father, John. Today, three generations of Keizers are working in the business, which is located at 1682 Sackville Dr.

Keizer's offers collision and mechanical repair services, so it's a one-stop shop for clients. The business invests heavily in technology, training its repair staff to stay current with the latest

technological advances, as well as customer service training.

The focus is on meeting clients' needs, so Keizer's takes a very customer-centric approach. It offers free shuttle service to and from people's homes or offices to anywhere in HRM, and people don't have to book an appointment to use the service. As work is being completed on a vehicle, the customer is kept in the loop with emails or text messages about the progress and to let them know if everything is on schedule. If there is a delay, Keizer's will explain why. When the work is completed, the staff take the time to explain in great detail what work has been done and back it with a lifetime warranty.

As soon as the work is completed, Keizer's sends a survey to the client to help find ways the business can improve its processes.

Keizer's Collision CSN and Automotive Centre has an active online presence, using social media tools such as Facebook and Twitter. And its website, Keizers.ca, is loaded with great information where people can book appointments.

DVD review



Muppets Most Wanted

Director. James Bobin

Stars. Ricky Gervais, Ty Burrell, Tina Fey

It's not easy being a cash machine. Muppets Most Wanted makes this as plain as the nose on Miss Piggy's face. Just two films into the rebooted Muppets movie series, franchise fatigue is already setting in. All involved admit they don't really know where to go — except to the bank. The film is bookended by songs that parody the perils of following a hit, which The Muppets very much was in 2011. "Everybody knows the sequel's never quite as good," goes one line, and ain't it the truth? Missing in action are Jason Segel and Amy Adams, the human foils for Miss Piggy, Kermit the Frog, Fozzie Bear and the rest of the late Jim Henson's cloth-headed clowns. Segel's enthusiastic pen is also absent, leaving Nicholas Stoller, his co-writer from The Muppets, to do the heavy quipping on his own. Yet they get away with it, mostly. In the show-must-go-on style that's always been a Muppets mainstay, everybody gets down to business, confident that audience goodwill will see them through — and it often does.

PETER HOWELL

Jeff Bridges is a big fan of one certain kid novel

The Giver. Actor claims he's been trying to get beloved book onto the big screen for the past 18 years



NED EHRBAR

Metro World News in Hollywood

Lois Lowry's 1993 hit young adult novel The Giver has a lot of die-hard fans, but possibly none as die-hard as Jeff Bridges ... No, really.

The Oscar-winning actor has been trying to get a film version of the book — about a future society where emotions and memories are controlled to keep the peace — for the past 18 years. Well, he finally got his wish.

You've been behind this film for a while. Is this a more personal project for you than some others you've done recently?

Yeah, I think so. I've been involved with it for about 18 years. I originally wanted to direct my father, Lloyd Bridges, in the film. As a matter of fact, somewhere we have a videotape of me doing just that. We read through the whole book, my dad played the Giver. Dylan, my brother's son, played Jonas, one of his sons shot it, my buddy Bud Cort narrated the whole thing, and we have that somewhere. Hopefully we'll break it out for the DVD.

What would you say was the biggest cause for delay in getting this movie made?



Jeff Bridges says years ago he made a home movie of The Giver with his father and nephew. CONTRIBUTED

I think the challenge of creating that world, for one thing. And also there's a certain danger element to the book. I thought it would be much easier than it turned out to be to get it made. I mean, 12 million copies sold in 21 countries, a Newbery (Medal) award-winning book, taught in schools ... But it's also on the banned books list, so it's quite controversial. A lot of people felt it was too risky for kids to know that information. There's sexual themes in it, a little bit of violence — but nothing compared to other movies that are out today. And then you have the euthanasia element, different things like that. And I

think that made the financiers question whether it would be accepted or not. And then movies like Hunger Games — which my understanding is they were inspired by The Giver, that book — their success really helped our movie get made.

Do you find now, since winning the Oscar, that you're being put in the "serious actor" niche?

Well now I've kind of taken that strategy of playing things differently and thrown that out the window. Now I just jam and do whatever. I'm not too concerned about my career anymore. I'm just kind

AUGMENTED REALITY

→ The creation of sameness? Scan this photo with your Metro News app for a clip of Jeff Bridges in the new film The Giver!



→ See the full instructions on Metro's Voices page.

of playing. I try to resist being engaged in anything because I know what it takes. And that's also been kind of my game plan, to kind of resist.

2 SCENE

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Trainor gives the skinny on Bass song

Booty beauty. Singer ecstatic that young girls have gravitated to her pop hit about body image and acceptance

Not everyone was initially All About That Bass.

Meghan Trainor, the 20-year-old who is having a pop-culture moment with the song about body acceptance, said she initially wrote the track and pitched it to other artists, but was turned away.

"Labels were like, 'We love it, but you have to reproduce it. You got to get it more synth-y, pop-y,'" said Trainor, who worked with producer Kevin Kadish on Bass. "We looked at each other like, 'Man, I thought this was a hit, but I guess not.'"

Things changed when record executive L.A. Reid heard the doo-wop pop song and told Trainor she should be the voice behind it.

He signed the budding songwriter to Epic Records after hearing her sing Bass



Despite initial rejections from other artists and record labels, Meghan Trainor's song, All About That Bass, has become a huge hit, jumping to No. 8 on the Billboard chart and selling close to 400,000 copies. THE ASSOCIATED PRESS

while playing the ukulele.

This week, the song jumped 20 spots on the Bill-

board Hot 100 chart to No. 8. The single has sold 389,719 copies so far in five weeks,

and the music video, which has 10 million views and climbing, has become a water-

Positive vibes

"I wish there was a song like this when I was 13."

Meghan Trainor, singer/songwriter
On the positive reaction among teens to her hit song, All About That Bass

cooler topic among young girls and their parents.

Bass features such stand-out lines as "it's pretty clear, I ain't no Size 2," "I'm bringing booty back," and "yeah, my momma, she told me don't worry about your size."

Trainor said Grammy-nominated Kadish, who has worked with Jason Mraz, had the song title but didn't know where to go from there.

"I immediately thought, 'Booty. Bass. Thickness,'" she said.

Trainor, who grew up in Nantucket, Mass., recently moved to Nashville, Tenn. She was signed to a publishing house in Music City, and wrote songs for Rascal Flatts and others.

Now, she's working on an EP and album to capitalize on the breakthrough that Bass

has given her.

Trainor said she's ecstatic and humbled that young teenage girls have gravitated to the song.

"I tear up and I call my mom, like, 'Did you see that? Did you read that one?' because some girls are like, 'I've hated myself. I hated life. I didn't want to go to school. I get bullied. And then I heard your song and I cried,'" she said.

"They say they cried because they're happy and they dance around the room. And I was just like, 'What?' It's crazy."

Bass has given Trainor a boost as well. "I wish there was a song like this when I was 13," she said, adding she's not always confident.

"It's all mostly in my head," she explained. "I would sit there in class like, 'I know they are judging me right now. I know they're picking on me.' ... So it helped me a lot, watching this video and seeing the comments that were positive. It's helped me go up a little bit."

THE ASSOCIATED PRESS

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Ford fit to be Star Wars right Han man again

Good news, Star Wars fans. Han Solo seems to be doing just fine. Harrison Ford was spotted looking fit as ever boarding a private jet in Los Angeles this weekend, presumably heading back to London to continue work on Star Wars: Episode VII after a production-upsetting injury earlier this year. The shooting schedule for the highly anticipated sequel was rearranged to accommodate Ford's recovery time, as the star of the original film trilogy is said to have a significant role in the new installment.



Harrison Ford ALL PHOTOS GETTY IMAGES

The Word

Love burned through \$27M, but that's OK — it was only 'Nirvana money'



NED
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Metro in Hollywood

It's official. Courtney Love has spent more money than any of us will probably ever have. And most of that cash she blithely dismisses as "Nirvana money." The nerve! "I lost about \$27 million," she tells Style magazine. "I know that's a lifetime of money to most people, but I'm a big girl, it's rock 'n' roll. It's Nirvana money; I had to let it go." Well, she could've at least been nice enough to let some of it go in my direction, if she was so eager to part with it. Sheesh. And hell, I'm just a Nirvana fan. Imagine what Krist Novoselic would say. "I make enough to live on, I'm financially solvent, I focus on what I make now," Love



says, adding insult to injury. So where did those millions go? Well, a lot of it came from her habit of mixing prescription drugs and social networking. As you do. Love explains that she'd get

loaded and make remarks on Twitter that would result in people suing her, and she's still working out a few of those libel cases. But don't worry, she's a big girl. It's rock 'n' roll.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chloe calls whole dating thing 'stupid,' was just hanging out with Becks Jr.

Apparently now that E! News has broken the seal on the purported teenage romance between 17-year-old Chloe Moretz and 15-year-old Brooklyn Beckham, the topic is fair game, as the Sunday Times magazine interrupted an interview with the If I Stay actress to press her on the issue. Only one thing, though: Moretz ain't having it. "I don't even know what dating is at this point. It's all so stupid," said Moretz, who was recently seen enjoying an afternoon of skateboarding with Young Master Beckham. "Why can't you just hang out with each other? Go to dinner if you want to? Why can't you go skateboarding if you want



Chloe Moretz

to go skateboarding with a guy?" Oh, honey. You're going to be asking yourself questions like that for a long, long time.

"A THOUGHTFUL ROMANCE THAT HASN'T REALLY BEEN NAILED SINCE *WHEN HARRY MET SALLY*"
—ANDREW PARKER, DORKSHIRE

THIS SUMMER IT'S ALL ABOUT...

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Trapped in the chronic complaining trap? Get out!



People complain because they are bored, unhappy or it has become a habit.
ISTOCK

Tips. Even the most positive people get whiny sometimes. Recognize the reasons why you're doing it so that you can stop

GABRIELLE BERNSTEIN
Author of *Spirit Junkie*

We're bored

When we feel uninspired, we often look for things to complain about.

It can be easier to direct our energy toward something negative than it is to get creative and find ways to stimulate our mind.

The best way to combat this pattern is to redirect your focus. Choose to shift your energy from complaining to celebrating.

For instance, if you catch yourself complaining about the food at lunch, immediately shift your focus onto what you plan to cook for dinner.

Instead of fixating on what you don't like, take back your sense of control and think about what you can create.

When you realize you're capable of effecting change, the urge to complain fades.

Do you have a knack for zeroing in on what's wrong in a situation? Do you tend to focus on what's not working rather than what is? Do you fixate on flaws and let them ruin your experiences?

Heads up: You've fallen into the trap of complaining. It happens.

Even the most positive and easygoing among us can get caught in it.

But you've probably

noticed that complaining doesn't actually make you feel better.

In fact, it usually darkens your outlook and saps your energy. When you find yourself breaking out complaints more often than you're expressing gratitude, turn things around by getting to the core of your behaviour.

There are three big reasons we complain — and simple ways to tackle each one.

We're not happy

Often when we complain about the negativity around us, we're unwilling to look at the negativity within us.

Therefore, we project our sadness outward by complaining about other people, our surroundings, or life in general. It's easier and more comfortable to blame things external to us.

But I'll let you in on an open secret: Facing up to the negativity within is liberating, because you can change it. The simple way out of this pattern is to focus on the good stuff. Proactively choose to focus on what feels good and what makes you happy.

Scientific research backs up the idea that focusing on what makes you happy really does bring more joy, energy and excitement into your life.

Set an alarm for three times throughout the day, and when it goes off do something simple to shift your focus.

It's a habit

Whenever I notice myself complaining, I witness an old habit showing up.

Even though this pattern of behaviour no longer resonates with me, it still pops up sometimes. The best way to change the habit is to witness it and then choose to see it differently.

If you catch yourself in the moment that you're complaining, you can pivot and choose to change your attitude in an instant.

That moment of change establishes a new pattern that creates healthier behaviour. Each time you catch yourself and choose to see things differently, you reinforce that new pattern.

Complaining can be tough to quit. After all, complaining about a situation makes us feel like we're not in charge of it, and therefore that we aren't responsible for working to change it. But escaping the trap is easier than you think and exhilarating, too.

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TOP
SIX@6

Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 Charlie XCX
Boom Clap

5 Jessie J, Ariana Grande and Nicki Minaj
Bang Bang

4 Maroon 5
Maps

3 Becky G
Shower

2 Hedley
Heaven In Our Headlights

1 Ariana Grande ft Iggy Azalea
Problem

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Good health starts with some milk

Incorporate dairy into diet to help prevent disease

When it comes to getting enough calcium in your diet, milk products — specifically milk, yogurt and cheese — are undoubtedly the gold standard.

Not only are these foods naturally high in calcium, but they are also chock-full of up to 15 other essential nutrients, such as protein, vitamin B12 and zinc, which all work together to provide health benefits and help protect against many diseases.

Clearly, if you miss out on milk products, you're missing out on a whole lot more than just calcium.

BONE HEALTH

Osteoporosis is a growing concern as our population ages. Making healthier lifestyle choices such as increasing activity (particularly weight-bearing exercises), not smoking and eating a balanced diet that includes calcium-rich foods such as milk products are important steps in preventing fractures and improving bone structure to prevent osteoporosis later in life.

NEW WAYS TO ENJOY

Try spreading your servings of milk products out throughout the day. Steep your tea in milk instead of water, have a latte instead of plain coffee, use vanilla yogurt sprinkled with cinnamon as a dip for fruit, and cook your oatmeal in milk for a creamier and more filling breakfast.

HEART HEALTH

Hypertension, which can lead to heart disease and stroke, is considered the “silent killer” because almost half of Canadians who have it aren't aware of it. Data consistently shows a significant benefit from consuming milk products in the prevention and management of hypertension because they contain nutrients such as calcium, magnesium and potassium.

CANCER PREVENTION

Colorectal cancer is the second leading



SHUTTERSTOCK

cause of cancer death in Canada, yet it is highly preventable by adopting positive lifestyle changes. Calcium, vitamin D and other nutrients found in milk seem to play an important role in protecting against this type of cancer.

Unfortunately, despite the many health benefits of milk products, children, teens

and adults are not getting enough. Statistics show that two out of three adults do not get enough milk products everyday. All it takes is two servings a day. Having a cup of milk with a meal and 3/4 of a cup of yogurt as a snack will do the trick.

After the age of 50, three servings a day is recommended.

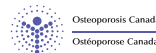


“Drink your **milk**, Mom!”

You getting enough every day matters. Because milk isn't just an excellent source of calcium to help maintain strong bones throughout life. It contains 16 essential nutrients, including vitamin D and protein, that provide many other health benefits. Too bad two out of three adults just don't get enough milk products every day. Do you?

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Get a head start

These pointers can keep you healthy, on budget, and focused this school year

Whether you're fresh out of high school or returning to your post-secondary studies, here are a few pointers to make the most of your school year:

YOU'RE NOT ALONE. Don't be afraid to ask for help from instructors and fellow students, and see what your school has to offer in terms of academic skills help, disability assistance, career planning and counselling.

"Managing time, managing stress, preparing for exams, all of that is often very important, especially for first-year students who are not used to the workloads or the strict deadlines," says Murray Sang, director of the student academic success service at the University of Ottawa. "We have time management tips, exam anxiety tips, those kinds of things."

KEEP AN EYE ON THE MONEY. "Do a back of the napkin calculation of what the school year will cost — tuition, books, booze, etc.," says Bruce Sellery, author of *Moolala* (Why smart people do dumb things with their money and what you can do about it).

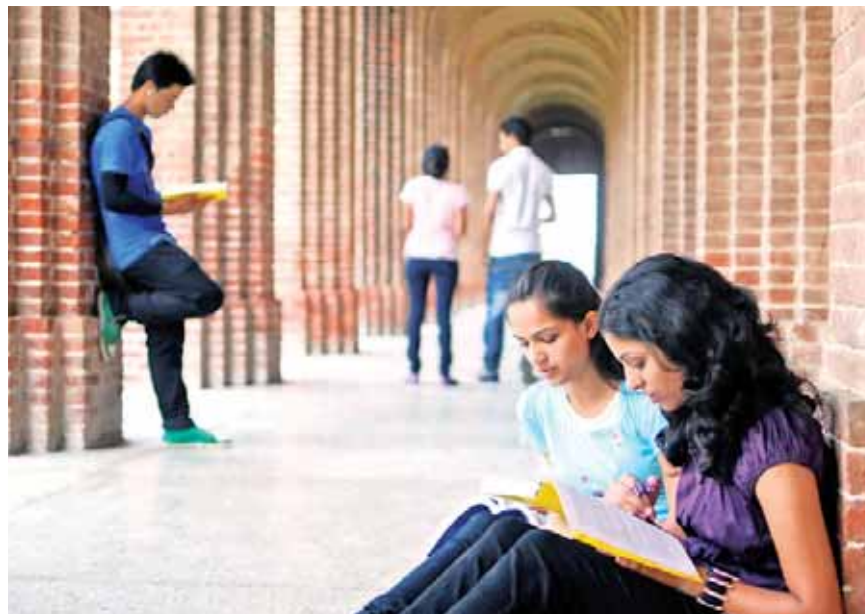
TOP STRESSORS

Eighty-four per cent of students surveyed by UThink.com say most days were at least somewhat stressful. Their biggest worries?

- Academic performance (78 per cent)
- Saving school money (77 per cent)
- Time management (68 per cent)
- Managing finances (59 per cent)
- Finding a job (54 per cent)

"Look at how much money you have coming in — from loans, scholarships, parents and savings. Then figure out what the gap is. Fill the gap before it is urgent: Get a part-time job. Ask your parents for another loan before you're desperate. Cut back spending."

PUT IN THE TIME. Your class work is just the beginning. For every hour of class, you should plan to spend at least one to three hours studying outside class, depending on the subject.



SHUTTERSTOCK

WRITE AS YOU READ. If you summarize your course readings as you go, you'll retain the information better and have ready-made exam study notes.

KEEP YOUR EXPECTATIONS REALISTIC. Getting 80s won't be as easy in your post-secondary studies as it was in high school. But it can be a lot easier if you keep your career

goals in mind: Knowing where you're going not only helps you choose the right courses, but keeps you motivated.

MAINTAIN BALANCE. This simple matter might be the trickiest, but also the most important factor in your success at school. Take time for sleep, meals, exercise and social activities, so you don't burn out. — Steve Collins



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MBC offers small business management program

Consistent with its mission of being a pioneer in the field of business, Maritime Business College (MBC) offers students relevant and up-to-date training in the fields of small business management and accounting.

The small business management program is designed for people that want to work in small, entrepreneurial companies.

"Working in a smaller company is rewarding because you gain valuable experience working in a variety of different disciplines," says Janice Currie, director of MBC.

"If you are excellent at multi-tasking, then small business is for you."

Working in small businesses can also be very rewarding because decisions are made

quickly, and you can see the impact of your efforts and contributions to the company.

This program also prepares people for setting up and managing their own business.

For those with a knack for numbers and excellent attention to detail, the accounting program, which has been offered since the school opened in 1899, at MBC is one to consider.

"Our program carries on this long tradition and helps meet the demand for people who can create and interpret the financial data necessary for day-to-day decision making," says Currie.

Both programs may be completed in under a year. For more information on the school, visit maritimebusinesscollege.ca.



CONTRIBUTED

SUCCESS PREPARES GRADS

Success College has been training graduates to excel in their chosen profession through hands-on, practical education since 1893.

With more than 100 years of experience behind them, they are confident that their model of career education has evolved to offer the optimal combination of classroom instruction, practical learning and on-the-job experience, with training in the field of business administration included.

"The business administration program will prepare you for thousands of jobs in the public

and private sector, and is also ideal for people that want to start their own business," says Janice Currie, director at Success College.

Students of this program are supplied their own laptops and receive comprehensive training in office administration and fundamental marketing. They learn everything from business basics to the latest in technology applications for administration, management, and marketing.

"This program is designed to maximize technology in the office environment," says Currie.

Graduates will complete this program with an in-depth understanding of the many extended applications of a variety of office software packages, including word processing, spreadsheets, presentation preparation, computerized accounting, scheduling, calendar management, file sharing, and file management, among others.

"Our graduates pursue satisfying, rewarding careers that impact their lives and the lives of others," says Currie.

For more information, visit successcollege.ca.

NSCAD makes going back to school a little friendlier

Sign up with a friend and save 25 per cent

If going back to school full-time this fall is too much commitment for your schedule or budget, consider learning a new skill or pursuing a passion through Nova Scotia College of Art and Design (NSCAD), School of Extended Studies.

Registration is now open for NSCAD's fall 2014 courses, and now is the perfect time to check out one of the many programs being offered this fall in a fun and inspiring environment.

Sign up for a course with a friend and you and your friend save 25 per cent on the cost of tuition.

"These courses are a great way to spend time and connect with a friend and ignite curiosity,"

says Catherine Allen, program co-ordinator at NSCAD.

"They are also a great way to learn something new and recharge your mind."

New course offerings this fall include, embroidery, letters, knots and no patterns, pattern-drafting basics (intermediate), the urban landscape (painting), introduction to hand lettering, game design for social change, calligraphy fundamentals (intermediate), sketchbook adventures (for adults), and cuttlebone casting (jewelry).

All courses are open to all skill levels, and in most instances, no experience is necessary.

For more information about registration and the programs available, call 494-8185, or visit nscad.ca/extendedstudies.



CONTRIBUTED

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NUTRI-BITES
Theresa Albert
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Who doesn't remember the childhood pleasure of sitting on a porch or stoop and letting watermelon juice run down your chin and wrists as you suck the sweet juice from a wedge?

Now that you are a grown up, though, you have experienced the conundrum of what to do with the rest of the beast when the slurping is done. You'd be surprised.

Watermelon is one of the more intense sources of lycopene (that nutrient that everyone thinks is only in tomatoes!) that is known to help protect hearts and prostates. It is also high in vitamin A to protect the eyes.

High-water-content

fruits and vegetables keep you hydrated and feeling full throughout the day in exchange for very few calories.

Here are some ways to use up the other half:

- Blend into a juice and use for smoothies;
- Blend with greek yogurt and freeze into popsicles;
- Use as you would tomatoes in sandwiches (simply pat dry with paper towel first);
- Grill for 30 seconds on a very hot barbecue as a base for ice cream desserts;
- Use as you would a raspberry puree in marinades and sauces;
- Chop with mint or cilantro and garlic as fresh salsa;
- Mix with feta and balsamic vinegar and serve on a pita;
- Chop into salads as you would strawberries.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.

SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Take ooey gooey goodness on the go

Pack a picnic. Grilled Cheese may not seem like a likely outdoor choice but this sandwich is better when it's cooled

You may not think of using watermelon to bump up a Grilled Cheese but, man, is it good!

The watermelon holds its

Ingredients

- 4 slices watermelon
- 8 slices, 100% whole grain bread, chewy in texture
- Butter
- 2 tbsp (30 ml) mustard
- 6 oz thinly sliced extra-sharp cheddar cheese, divided equally in 4
- 1 1/2 cups (375 ml) baby arugula

AUGMENTED REALITY

→ Scan this photo using your Metro News app to follow along as Theresa Albert gives us some useful watermelon tips!



→ See the full instructions on Metro's Voices page.



This recipe serves four. THERESA ALBERT

water better than tomato. These babies are great on a griddle on a barbecue, in a skillet or a Panini press.

They are best wrapped and served cool!

1. Place the watermelon pieces between paper towels to absorb extra fluid. Set aside.

2. Butter each slice of whole grain bread on outside and spread the mustard on inside, and top with cheese. Top the cheese with baby arugula and watermelon slice.

3. On griddle or grill press, spray cooking spray and grill sandwiches on each side until the cheese begins to melt.

RECIPE ADAPTED BY THERESA ALBERT FROM WATERMELON.ORG

Watermelon's savoury side



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Watermelon's sweet, crunchy flesh lends itself surprisingly well to salad — and, no, not just fruit salad.

The trick is to pair it with foods sporting contrasting flavours and textures. Anything salty and savoury is good.

This simple recipe for spicy watermelon salad with feta cheese and basil is a great start, but improvise as you see fit.

1. Divide the watermelon between 4 serving plates, then top each with a quarter of the

banana pepper slices.

2. Using a mandoline, carefully shave about a quarter of the chili pepper over each plate. Alternatively, you can finely mince the chili, then scatter the pieces over the salads.

3. In a small bowl, whisk together the lime juice, sesame oil and sugar, stirring until the sugar is dissolved. Drizzle the dressing over the salads, then top each with some of the feta, basil and

Ingredients

- 4 cups cubed watermelon (bite-size chunks)
- 1/4 cup jarred banana pepper slices (or other pickled peppers)
- 1 red chili pepper
- 2 tbsp lime juice
- 1 tbsp toasted sesame oil
- 1/2 tsp sugar
- 4 oz feta cheese
- 1/4 cup fresh basil leaves, torn
- 1/4 cup pine nuts, toasted

pine nuts. THE ASSOCIATED PRESS



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Auto Racing

Death on track not being considered criminal, police say

Kevin Ward Jr. died of blunt force trauma when he was hit by a car driven by NASCAR star Tony Stewart.

Ontario County Sheriff Philip Povero says the autopsy was completed Monday. The 20-year-old driver was competing in a dirt-track race in upstate New York.

Authorities questioned Stewart on Saturday night and went to Watkins Glen to talk to him again Sunday. Povero said Monday there were no plans "at this time" to talk to him again.

There is no timetable to complete the investigation.

Povero says there is nothing in the inquiry that supports criminal conduct or probable cause. He says there was no camera in Stewart's car.

THE ASSOCIATED PRESS

Toronto fined

Drake's KD pitch costs Raps \$25K

The NBA has reportedly fined the Toronto Raptors \$25,000 US for comments that rap star Drake made about Kevin Durant last weekend in Toronto.

Drake, the team's global ambassador, used the stage at Toronto's Molson Amphitheatre to make a pitch for Durant to sign with the Raptors when he becomes a free agent in 2016.

Durant was in attendance at the Toronto show when Drake urged the crowd to show their support for the NBA's reigning most valuable player.

THE CANADIAN PRESS

Jays' Happ getting his time to shine

MLB. Left-handed starting pitcher enjoying his longest uninterrupted period of stability in Toronto

Baseball is anything but a fair business, but J.A. Happ deserved a good turn.

Since arriving in Toronto a few days before the trade deadline in 2012, the six-foot-six left-hander could never seem to catch a break. Some of his woes were related to his own underperformance, but much was out of his control. When he wasn't battling arbitrary bullpen relegation, he was dealing with bizarre injuries. Along the way he developed a reputation as something of a malcontent.

Of late, however, Happ has been a stabilizing force in the Blue Jays' starting rotation. In his four starts since the all-star break, he has been remarkable, posting a 1.71 ERA while striking out nearly a batter an inning and averaging more than six frames each outing.

Perhaps it's no coincidence that Happ's recent success has come amid the longest uninterrupted period of stability in his Jays career.

"I always felt like if I was able to have a stretch like this, I would be able to figure it out," he told Torstar News Service this weekend.

What may have been his most hard-luck injury came in just his seventh start of 2013. He suffered a fractured skull when he was struck on the side



Blue Jays pitcher J.A. Happ has posted a 1.71 ERA since the all-star break. DAVID COOPER/TORSTAR NEWS SERVICE

Jays vs. Mariners

Go to metronews.ca for coverage of Monday night's game in Seattle.

of the head with a line-drive off the bat of Desmond Jennings in a frightening scene in Tampa. True to Happ's star-crossed Toronto tenure, it was a sprained knee suffered as he crumpled to the ground — not the fractured skull itself — that kept him on the disabled list for the next three months. Happ was back on the DL to start this year after he had a disastrous spring training while trying to pitch through a back injury.

But now Happ is pitching better than he has in years, and he says part of his recent success is a result of feeling

more confident. "I have to trust myself and my stuff," he said. "Confidence is the most important factor in pitching. Without it, it's almost impossible to succeed."

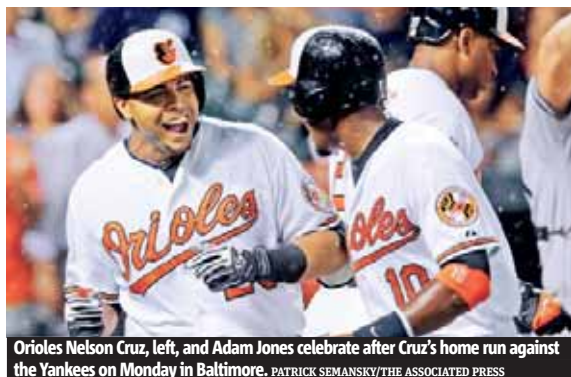
Happ struck out a career-high 12 batters last week against Baltimore. He has nearly a 25 per cent swing-and-miss

rate on pitches above the top of the strike zone this season, likely aided in part by the fact his average fastball velocity is up by more than two miles per hour this season compared to his career average.

The 31-year-old, who pitches Tuesday in Seattle, is potentially a free agent at the end of this year. If the Jays elect not to pick up his \$6.7-million club option, he'll test the open market. So the final six weeks of the season are as important to him personally as his performance is to the Jays.

TORSTAR NEWS SERVICE

7 up! O's pulling away from Yankees



Orioles Nelson Cruz, left, and Adam Jones celebrate after Cruz's home run against the Yankees on Monday in Baltimore. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Chris Davis hit a two-run homer after replacing an injured Manny Machado, and the AL East-leading Baltimore Orioles beat the Yankees 11-3 Monday night to drop New York a season-high seven games out of first place.

After Davis put the Orioles ahead in the fifth inning, Nelson Cruz connected with a man on in the seventh and Jonathan Schoop added a three-run shot in the eighth to turn the game into a rout. Cruz now has 31 homers, tied for the major league lead

On Monday

11

Orioles

3

Yankees

with rookie Jose Abreu of the White Sox.

Machado, a 2013 all-star third baseman, sprained his right knee in the second inning while hitting a broken-

bat grounder to shortstop. He dropped on his back in the batter's box and needed help getting off the field.

Machado will be re-examined Tuesday to determine the severity of the injury and whether a stint on the disabled list is necessary.

Davis entered for Machado and came up in the fifth against Chris Capuano (1-3) with New York leading 3-2. With the count full, Davis hit a drive over the right-field scoreboard for his 21st home run. THE ASSOCIATED PRESS

4 SPORTS



There's only room for one

Cleveland's Brian Hoyer, left, and Johnny Manziel compete for the same quarterback job at camp on Monday in Berea, Ohio. Scan the image with your Metro News app for a gallery of NFL training camps.

MARK DUNCAN/THE ASSOCIATED PRESS

NFL

Seahawks' Lynch investigated in assault claim

Police in Bellevue, Washington, are investigating whether Seattle Seahawks running back Marshawn Lynch was involved in an assault and damage of personal property.

The incident was reported by the female victim about 12 hours after it took place in an apartment. Police say there was no domestic violence or sexual assault involved in the allegation. **THE ASSOCIATED PRESS**

Fear of Ebola outbreak

Togo wants to move match out of Guinea

Togo officials have asked the Confederation of African Football to move a game out of Ebola-affected Guinea as the outbreak of the deadly disease threatens to disrupt the African Cup's final qualifying round.

Games involving Sierra Leone are already under scrutiny after that country said it would not host any football matches until further notice because of Ebola. **THE ASSOCIATED PRESS**

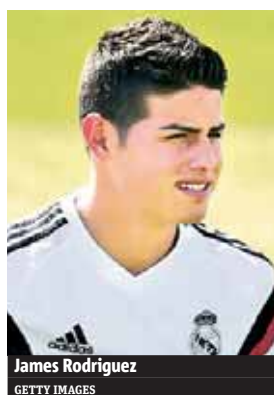
Real Madrid. Kroos feature as starters in the UEFA Super Cup

After exquisite touches and exceptional goals established him as the World Cup's breakthrough star, James Rodriguez has a new platform to showcase his skills at Real Madrid, starting with his debut in the UEFA Super Cup on Tuesday.

The versatile 23-year-old playmaker, who landed a \$108-million US move from Monaco after scoring a World Cup-leading six goals for Colombia, will be in the starting lineup for the European champions against Sevilla at Cardiff City's stadium.

"He can help the team to be better," coach Carlo Ancelotti said Monday.

Even though the Super Cup lacks the status of the Champions League, Ancelotti is preparing to unleash the full might of his team against



James Rodriguez
GETTY IMAGES

the Europa League winners with another new signing, midfielder Toni Kroos, also being handed his debut. Kroos joined from Bayern Munich for around \$40 million. **TORSTAR NEWS SERVICE**



Canada's captain Kinley McNicoll brings the ball under control as coach Andrew Olivieri looks on during the first half against Finland in Toronto on Friday.
CHRIS YOUNG/THE CANADIAN PRESS

Time to bring that A game to the pitch

U-20 Women's World Cup. Canada faces powerful North Korea, looking for a win to move to quarter-finals

Canada's hopes of reaching the quarter-finals at the women's under-20 World Cup likely depend on a win against the toughest team in their group: North Korea.

Canada (1-1-0) plays North Korea (2-0-0) in their final group stage match Tuesday night at Olympic Stadium in Montreal. The Canadians enter the game in a precarious position

after losing their opener 1-0 to Ghana and then needing a dramatic, second-half comeback to top Finland 3-2.

"We've known since the 90th minute of the Ghana game that we needed two results, or two wins," coach Andrew Olivieri said Monday. "You saw the impact the crowd had in Toronto in the second half (against Finland). That was great for us. We hope to have the same in Montreal."

After playing before crowds of 14,834 and 16,503 at cosy BMO Field in Toronto, Canada will move indoors onto artificial turf in the cavernous, 55,000-seat Big O to face one of the top teams in women's soccer at the junior level.

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The North Koreans, led by striker Ri Un Sim, downed Ghana 3-0 on Saturday after edging Finland 2-1 in their opener.

They are known as a well-organized, disciplined team that makes opponents pay for mistakes.

"We have to make sure we're careful and that there are not too many lapses," said Olivieri, a Montreal native and former goalkeeper for the Montreal Impact.

North Korea leads the group with six points and a plus-4 goal differential, while Canada has three points and an even differential and Ghana

has three and is minus-2.

Finland has no points and is minus-2, but still has a chance to get into the tie-breaking mix if Canada loses and it wins big against Ghana in Moncton, N.B. on Tuesday night.

Canada looked doomed when it fell behind by two goals in the first half against Finland.

But Janine Beckie scored in the 48th minute, followed two minutes later by the equalizer from Valerie Sanderson, who slotted home a feed from Nichell Prince. Spurred by a roaring home crowd, Prince got the game-winner that kept Canada in contention.

THE CANADIAN PRESS

Wiggins relaxed about future

Hanging on a wall at Glen Shields Public School is the grad portrait of the class of 2008-09.

Outside the Concord public school Monday was proof that the kid in that picture is anything but ordinary.

Dozens of reporters, satellite TV trucks and autograph seekers were on the scene to get a piece of that very kid, Andrew Wiggins, the No. 1 pick in this year's NBA draft.

"This is where it all started.

Growing up here as a little kid, I was out here every day after school. I would come here before school, and play basketball here with my friends," said Wiggins.

These days, things are a little more complex than school-yard ball.

Last week, the Cavs reached agreement in principle on a deal that would send Wiggins to the Minnesota Timberwolves along with last year's No. 1 pick and fellow

Canadian Anthony Bennett and a 2015 first-rounder for all-star Kevin Love.

In Cleveland, he would have been playing with LeBron James and Kyrie Irving. In Minnesota, he'll be a key part for a team in rebuilding mode.

Wiggins says he's not worked up about his fate.

"I don't worry about anything that's not in my control."

TORSTAR NEWS SERVICE



Andrew Wiggins in Toronto.
THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Get plenty of rest today because you are going to be super busy towards the end of the week. The planets will confront you with challenges that demand a strong response.

♉ Taurus

April 21 - May 21

Set yourself targets, but don't aim so high that failure is more likely than not. You don't have to be perfect – you're perfect just the way you are.

♊ Gemini

May 22 - June 21

Don't worry if you have not yet made a serious start on an important project because you will get your chance over the next two or three days. Just keep your emotions out of it.

♋ Cancer

June 22 - July 23

You cannot have things your own way all of the time but you will always get another chance, so why worry? Look forward today, not back.

♌ Leo

July 24 - Aug. 23

If there are things you still need to do, get working on them today. Tomorrow there will be other issues that demand your time and attention.

♍ Virgo

Aug. 24 - Sept. 23

Less than two weeks from now a new solar year will begin and you will no longer be held back by issues over which you have no control. The good times are on their way.

♎ Libra

Sept. 24 - Oct. 23

You need to take life at a more relaxed pace over the next 24 hours. You will have to deal with important issues, of course, but, seriously, there is nothing to worry about.

♏ Scorpio

Oct. 24 - Nov. 22

It won't be long before you have to make a choice between a personal relationship and your work. You will need to focus in a single direction.

♐ Sagittarius

Nov. 23 - Dec. 21

Over the next 24 hours you will have to admit your negative views about a newcomer to your social circle were totally wrong. It seems they are a lot nicer than you thought.

♑ Capricorn

Dec. 22 - Jan. 20

You can transform your existence, but it won't be until the Sun moves in your favour on the 23rd. In the meantime, be patient. Your time will come.

♒ Aquarius

Jan. 21 - Feb. 19

Resist the urge to go to extremes when dealing with people you don't much like or the bad feelings you create may come back at you.

♓ Pisces

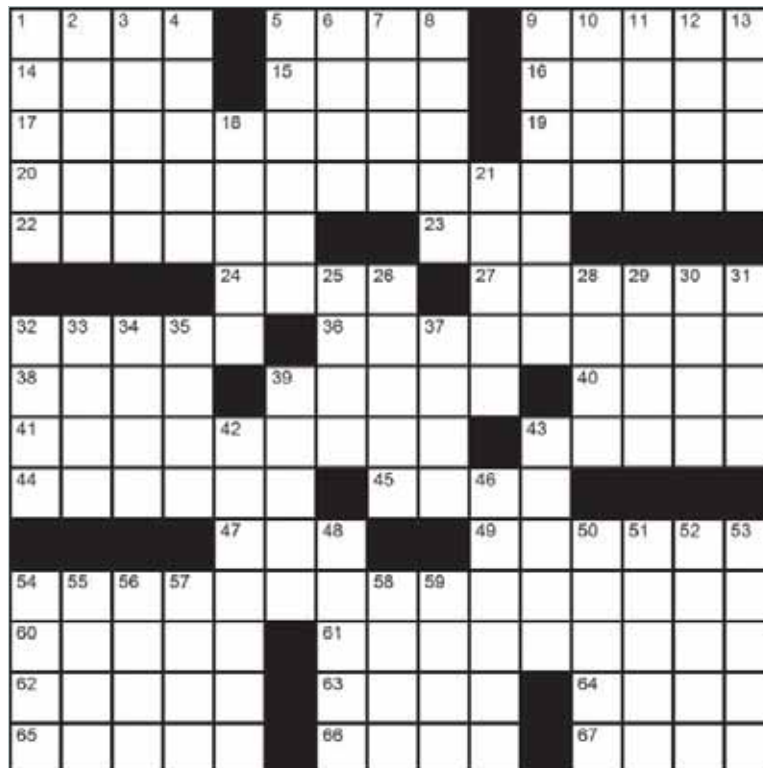
Feb. 20 - March 20

Only you can decide if a relationship is worth carrying on with but you don't have to decide right now. There are still a few twists and turns and surprises to come, so stay calm.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Canadian rapper, see 41-Across for more!
5. Cushy
9. Terra
14. Bathe
15. Advocate
16. Online aid, e.g., _ _ _
17. Snowy mountain danger
19. Lively
20. Charge led by The Beatles: 2 wds.
22. "Open _!"
23. "I got an ' _ ' the quiz!"
24. Memo abbr.
27. Manitoba: _
32. "Say that thou _ forsake me..." — Shakespeare
36. Red River _ (Canadian breakfast serving)
38. Hautbois
39. Workshop machine
40. "Not _ _ _ watch!"
41. "The _ _ _ Still Lives At Home" (Song by #1-Across)
43. "God helps _ who..."
44. Levi's _ _ _ jeans
45. Rob Thomas' "This Is _ _ Heart Breaks"
47. Universal principle
49. Drives
54. Canadian _ _ _ (The English Patient or Life of Pi)
60. Canadian heavy metal band
61. Winnipeg, "The Heart of the _"
62. Vista
63. Gloria's dad, to Meathead



64. Old shipping weight allowance
65. Dispatches
66. Articulates
67. "My king"

Down

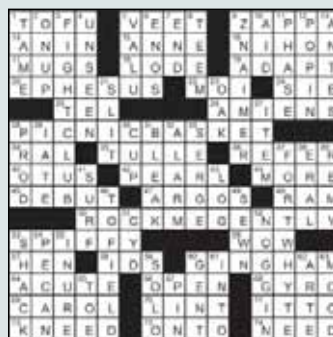
1. Concrete chunks

2. _ _ Aubert (One of Magdalen Islands)
3. J' _ ; Nous avions...
4. " _ Dawn" by Tanya Tucker
5. Day-to-evening time
6. Philharmonic gr.
7. E-J link

8. Brandon _ , Hilary Swank Oscar-winning role
9. French painter, Paul _ (1839-1906)
10. Actress, Carre _
11. "Mickey" by _ Basil

12. Blinds/shades co., Blinds _ _ _
13. Kirk _ , "Superman" (1948) star
18. Point towards: 2 wds.
21. National Gallery of Canada's striped painting, _ of Fire
25. Comparison word
26. Number-counter's nick
28. David _ ("Rhoda" husband-portrayer)
29. Jay _
30. Pet food brand
31. Leonard _ , Roy Rogers' birth name
32. Gateway
33. 'Access' suffix
34. "The Days and Nights of Molly _"
35. Aug. follower
37. Vincent van Gogh's brother
39. Manitoba community
42. Is U2, does this: _ and hums
43. Singer Ms. Terrell
46. Lengths cohorts
48. Killer whales
50. Boucherville 'bridges'
51. "...if _ saw one!"
52. Ocean vessel
53. Seven: Italian
54. Rocker's instrument
55. Newfoundland folk trio, The _
56. Stove
57. Nice
58. Ms. Ephron
59. 'Consist' suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	1	9	2	6	7	8	4	3
2	8	3	9	1	4	6	5	7
4	6	7	8	5	3	1	9	2
1	3	2	4	9	6	7	8	5
9	7	8	5	3	1	4	2	6
6	4	5	7	8	2	9	3	1
8	2	4	1	7	5	3	6	9
3	5	1	6	4	9	2	7	8
7	9	6	3	2	8	5	1	4

	5	1		4				3
	8						9	
9		7		3	6			
		6	3			5		
			1		2			
		3			9	4		
			2	8		7		5
		5					2	
4				9		8	3	

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Rio4 SX with Navigation shown^a
hwy / city 100km^a: 5.3L/7.3L

2015 **RIO** LX MT

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\$0 DOWN PAYMENT
0% FINANCING
FOR **84** MONTHS

Offer includes a \$1,250 loan rebate¹ and excludes delivery, destination, PPSA and fees. Offer based on 2015 Rio LX MT (R0541F) with a purchase price of \$12,845.



Forte SX shown^a
hwy / city 100km^a: 5.3L/8.0L

2015 **FORTE** LX MT

OWN IT! **\$41** WEEKLY
\$0 DOWN PAYMENT
0% FINANCING
FOR **84** MONTHS

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Sportage SX AT Luxury AWD shown^a

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Rondo EX Luxury 7-seat shown^a

2014 RONDO

UP TO **\$5,500** CASH BONUS*



Soul 2.0L SX AT shown^a

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